**Metamorphosis Cheat Sheet**

* + Hemimetabolous- Hemimetabolism or hemimetaboly, also called incomplete metamorphosis and paurometabolism, is the mode of development of certain insects that includes three distinct stages: the egg, nymph, and the adult stage, or imago. These groups go through gradual changes; there is no pupal stage.
	+ Holometabolous- Holometabolism, also called complete metamorphosis, is a form of insect development which includes four life stages: egg, larva, pupa and imago or adult.
	+ Ametabolous- Ametabolism is a type of growth or life cycle in insects in which there is slight or no metamorphosis, only a gradual increase in size. It is present only in primitive wingless insects, e.g. order: Zygentoma.

